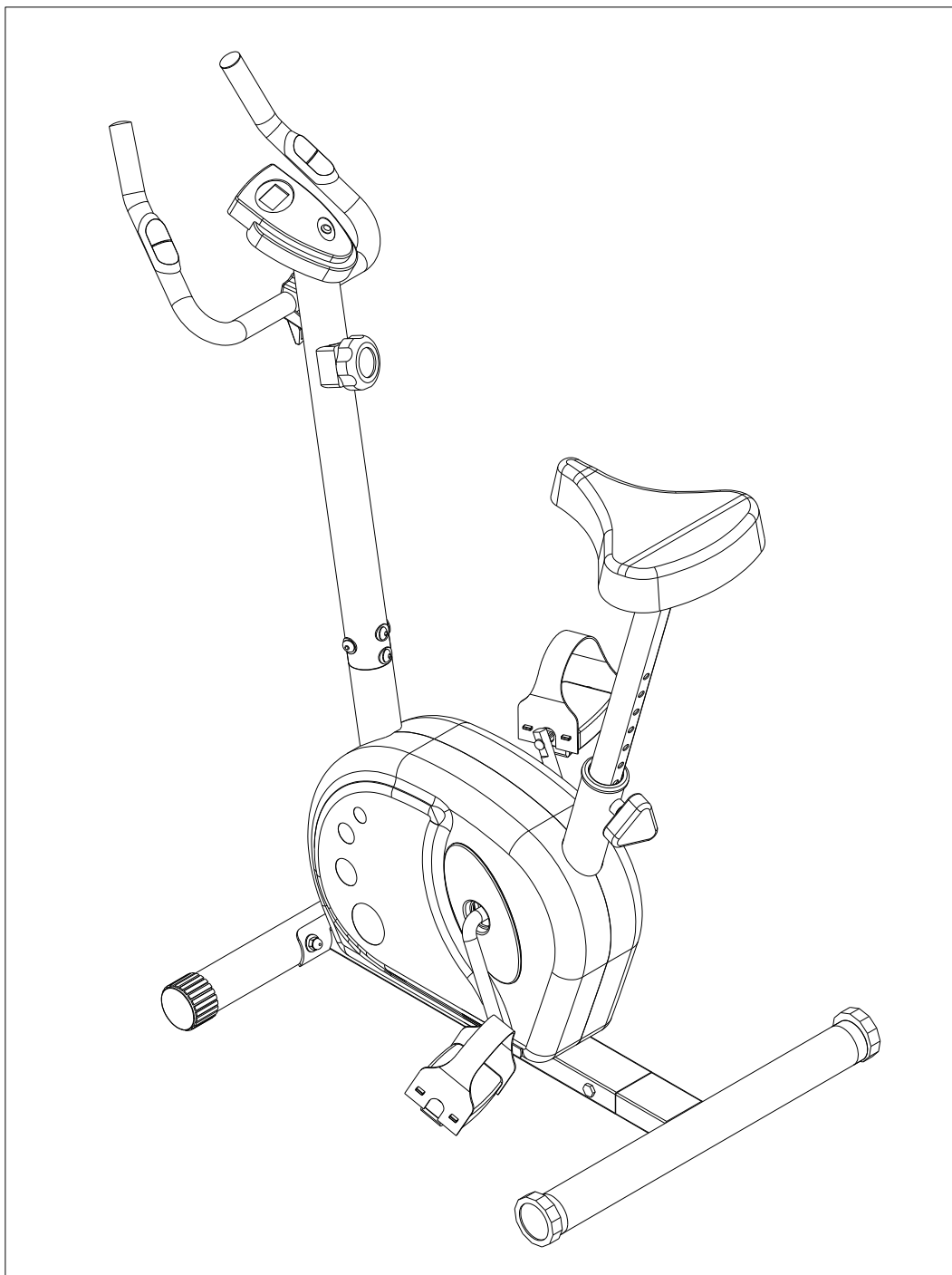


Benefit Bike B320

MAGNETIC EXERCISE BIKE

91109



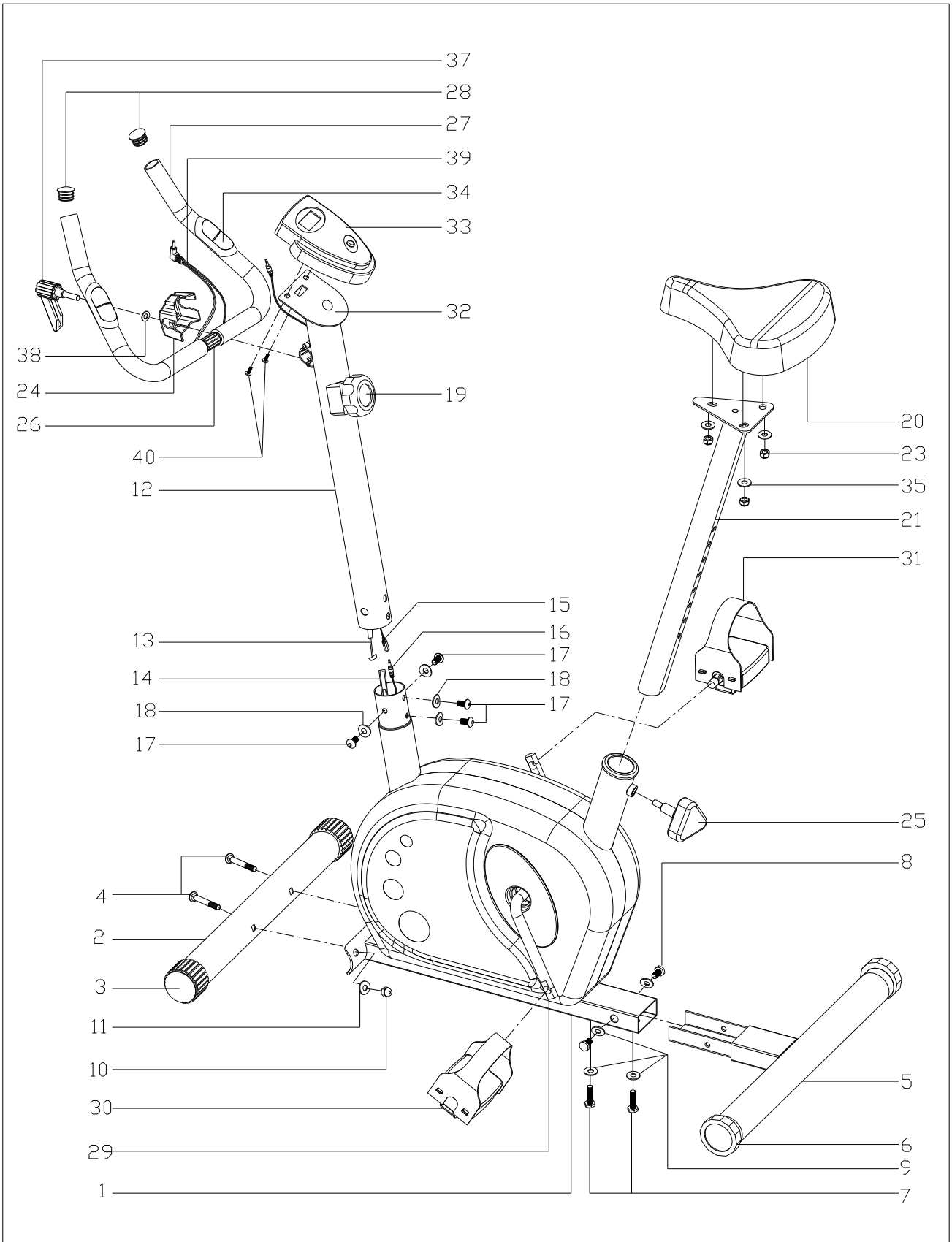
USER MANUAL

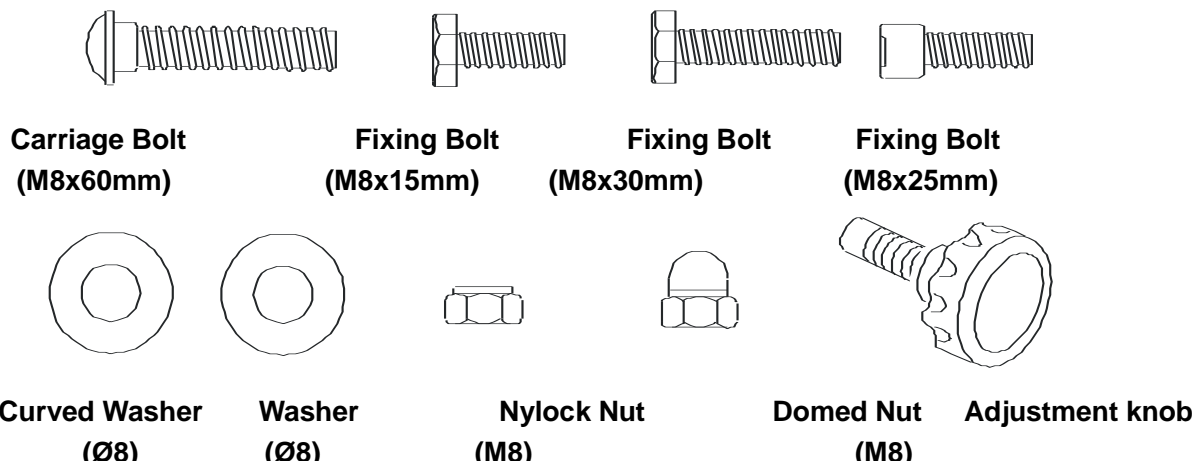
Important Safety Information

Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

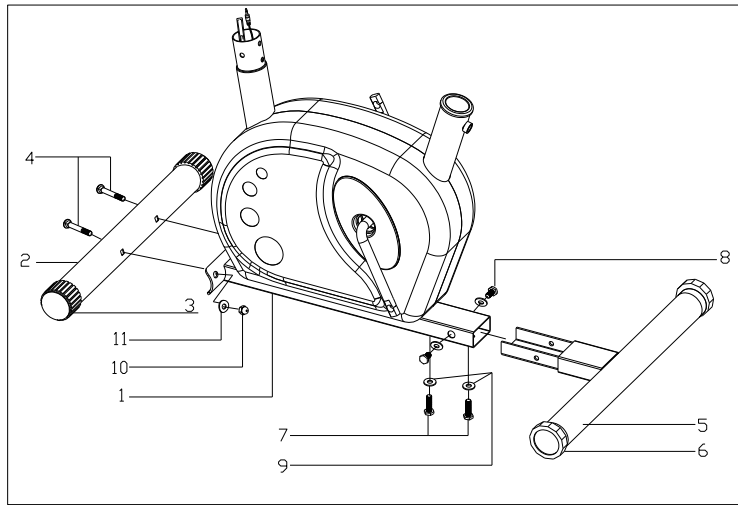
EXPLODED-VIEW ASSEMBLY DRAWING





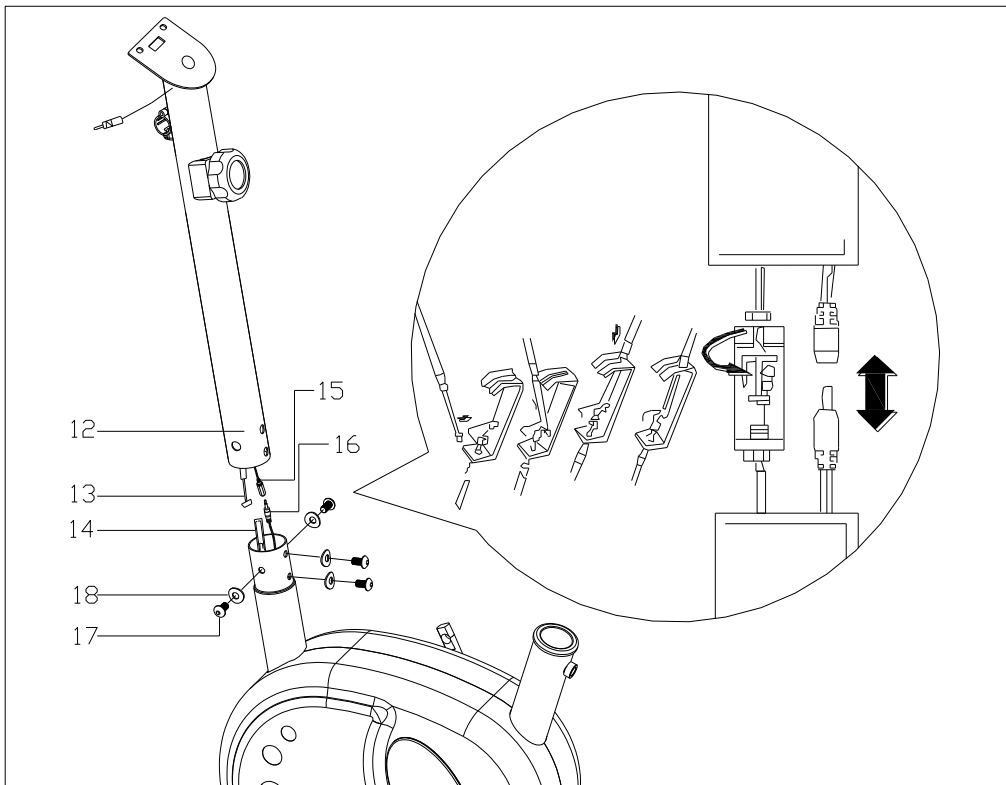
PARTS LIST		
PART NO.	DESCRIPTION	QTY
1.	Main Frame	1
2.	Front Stabilizer	1
3.	End Cap (Front)	2
4.	Carriage Bolt (M8x60mm)	2
5.	Rear Stabilizer	1
6.	Adjustment End Cap (Rear)	2
7.	Fixing Bolt (M8x30mm)	2
8.	Fixing Bolt (M8x16mm)	2
9.	Washer (Ø8)	4
10.	Domed Nut (M8)	2
11.	Curved Washer (Ø8)	2
12.	Front Post	1
13.	Upper Tension Cable	1
14.	Lower Tension Hook	1
15.	Upper computer Wire	1
16.	Lower computer Wire	1
17.	Fixing Bolt (M8x16mm)	4
18.	Curved Washer (Ø8)	4
19.	Tension Knob & Assemble	1
20.	Seat	1
21.	Seat Post	1
23.	Nylock Nut (M8)	3
24.	Plastic cover of handlebar	1
25.	Adjusting Knob	1
26.	Handlebar	1
27.	Handlebar Grip	2
28.	Handlebar Plug	2
29.	Crank Arm	1
30.	Pedal (Left)	1
31.	Pedal (Right)	1
32.	Computer Holder	1
33.	Computer	1
34.	Pulse Sensor	2
35.	Washer (Ø8)	3
37.	Handlebar Adjustment Knob	1
38.	Washer (Ø8)	1
39.	Pulse Sensor Wire	1
40.	Screw (M5)	2

ASSEMBLY INSTRUCTION



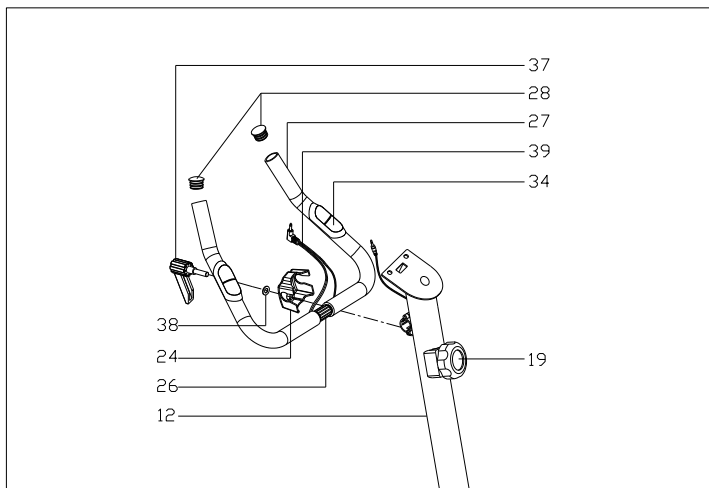
STEP 1

Attach the Front Stabilizers (pt. 2) to the Main Frame (pt. 1) using 2 sets of M8 Domed Nuts (pt. 10), Ø8 Curved Washers (pt.11) and M8x60mm Carriage Bolts (pt. 4). Slide the Rear Stabilizer (pt. 5) into the Main Frame (pt. 1), making sure the open side of the bracket is facing up, as shown, then fix with 4pcs Ø8 Washer (pt. 9), 2pcs M8x30mm Fixing Bolt (pt. 7) and 2pcs M8x15mm Fixing Bolt (pt. 8).



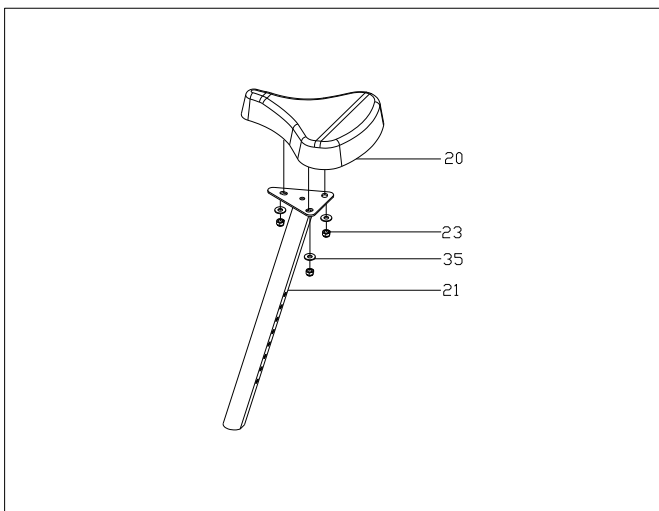
STEP 2

Take the Front Post (pt. 12) and join the Upper Computer Wire (pt. 15) with Lower Computer Wire (pt. 16). Then connect the Tension Cable (pt. 13) to the Tension Hook (pt.14). **(Show Fig.1)** Slide the Front Post (pt.12) into the front post housing, then fix with 4 sets of M8 X 15mm Bolts (pt. 17) and Ø8 Curved Washers (pt. 18).



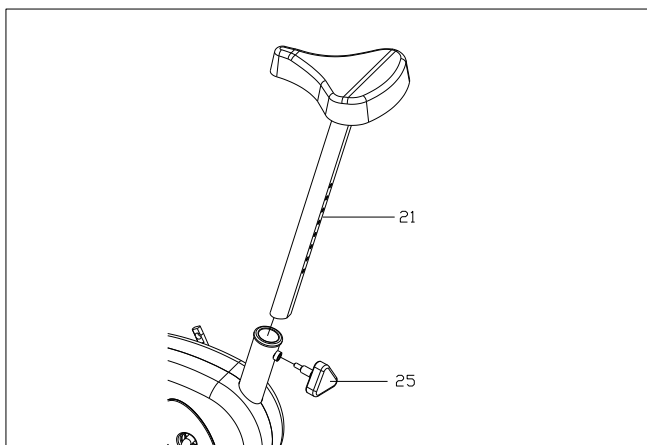
STEP 3

Attach the Handlebar (pt. 26) to the Front Post (pt. 12), fix with one set of Fixing Pipe (pt. 38) , Handlebar Adjustment Knob (pt. 37) and Plastic cover of handlebar (pt. 24),



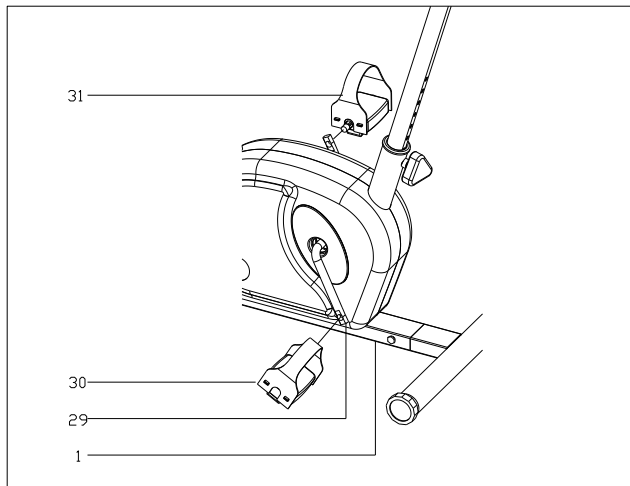
STEP 4

Fix the Seat (pt. 20) to the Seat post (pt. 21) by using the three sets of Washers (pt. 35) and three Nylock Nuts (pt. 23) located under the seat.



STEP 5

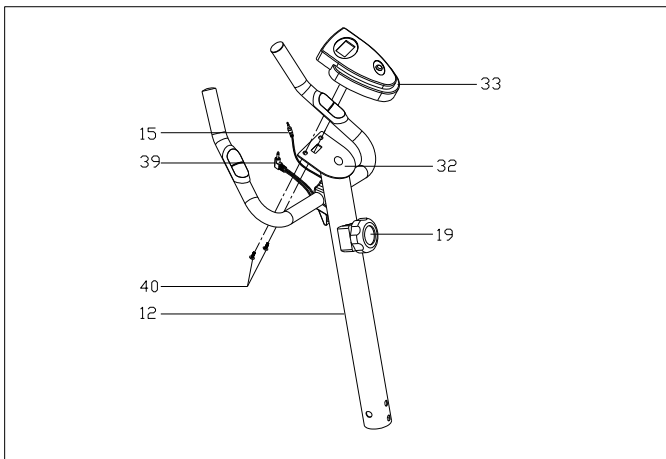
Insert the Seat Post (pt. 21) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (pt. 25).



STEP 6

The Pedals (pt. 30 & pt. 31) are marked "L" and "R" - Left and Right.

Connect them to their appropriate Crank Arms (pt. 29). The right crank arm is on the right hand side of the cycle as you sit on it. Note that the Right Pedal (pt. 31) should be threaded on clockwise and the Left pedal anti-clockwise.



STEP 7

Plug the upper computer Sensor Wire (pt. 15) to the back of Computer (pt. 33), and then slide the Computer (pt. 33) onto the Computer Holder (pt. 32).and fix with two M5 Screw (pt.40).

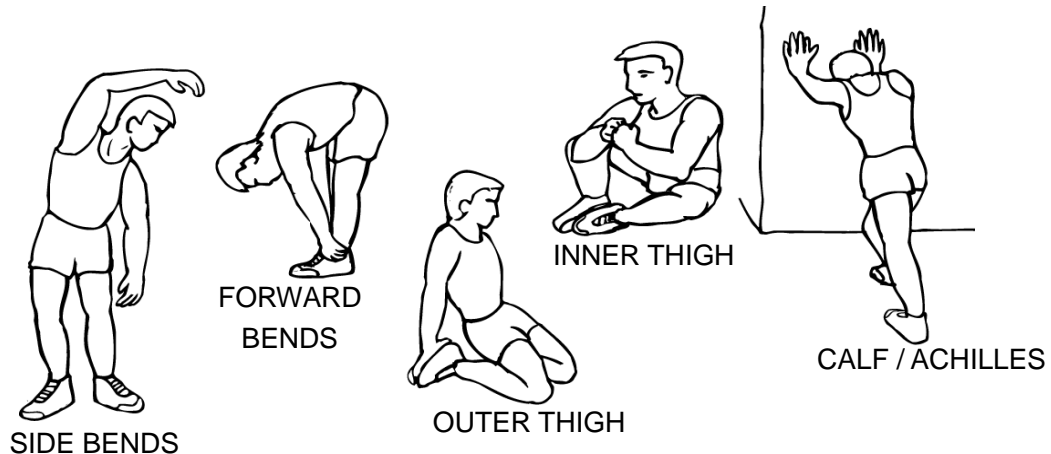
Your computer has the function of HANDPULSE, then please plug the Pulse Sensor Wire (pt. 39) into the back of Computer (pt.33)

EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

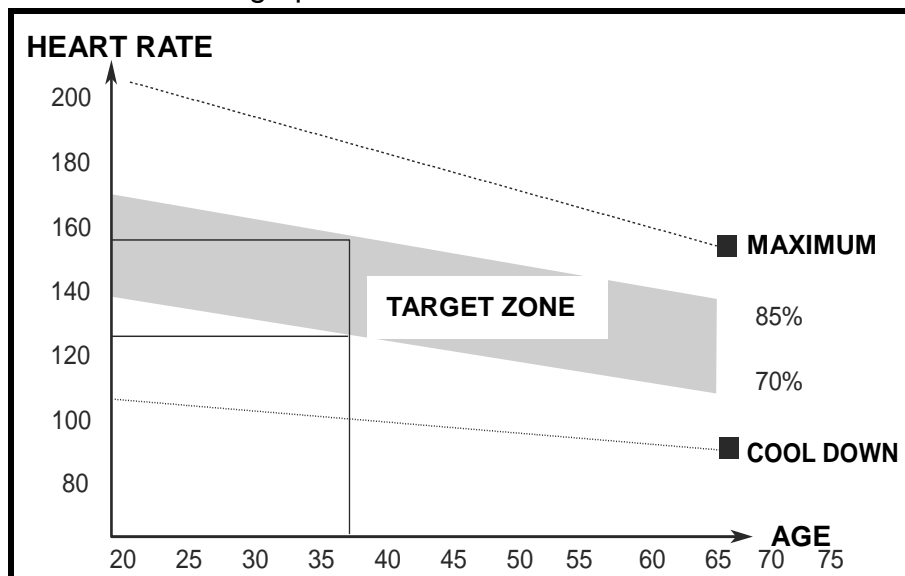
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3.The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4.Fault Finder

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 5 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

EXERCISE COMPUTER

BUTTON FUNCTIONS:

MODE: PRESS TO SELECT FUNCTION, AND HOLD ON FOR 4 SECONDS TO HAVE A TOTAL RESET. (THERE IS NO SINGLE FUNCTION RESET W/THE COMPUTER)

FUNCTION:

SCAN : AUTOMATICALLY SCAN THROUGH EACH FUNCTION W/A PERIOD OF 6 SECONDS .

TIME : ACCUMULATES TOTAL WORKING TIME UP TO 99:59

SPEED : ACCUMULATES THE CURRENT SPEED UP TO 999.9KM/H OR ML/H. THE VALUE WILL STAY ON THE MONITOR CONSTANTLY.

DISTANCE: ACCUMULATES TOTAL WORKING DISTANCE UP TO 99.99KM OR ML FROM ZERO.

CALORIE: ACCUMULATES CALORIE CONSUMPTION DURING EXERCISE MAXIMUM VALUE IS 999.9 CAL.

PULSE : THE MONITOR WILL DISPLAY THE USER'S HEART RATE WHILE EXERCISING.

(If applicable)

NOTE :

1. WHEN STOP EXERCISING, THERE WILL BE A STOP SIGN SHOWN ON THE UPPER-LEFT CORNER.
2. WITHOUT ANY SIGNAL FOR A PERIOD OF 4 MINUTES, THE DISPLAY WILL SHUT OFF AUTOMATICALLY WITH ALL FUNCTION VALUES STORED.
3. TURN ON THE MONITOR BY PRESSING THE BUTTON OR PEDALLING.
4. IF IMPROPER DISPLAY ON MONITOR, PLS RE-INSTALL THE BATTERIES TO HAVE GOOD RESULT.
5. BATTERY SPEC: 1.5V UM-3 OR AA (2PCS).

TROUBLE SHOOTING

1. Change the battery. To change the computer battery, please slide the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with 2 x AA batteries. Finally put the cover back on the console, and slide the computer back on the computer holder.
2. Computer not working correctly. If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer. When you have checked the above, and the computer still not working, then please make sure the batteries are installed correctly in the computer and that the batteries are still working.
3. No resistance. If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable.

MAINTENANCE

1. Before using the bike, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste, please dispose of it correctly, and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer, and dispose separately as hazardous waste.